



# Smile Social

## Instagram Post Log

Katie Mone

June 2022

### Week 1 - Post #1

Release Date & Time: Monday 6/13/22 at 9 AM

Theme: Introductory post to campaign

Layout Preview:





# Smile Social

## Instagram Post Log

Katie Mone

June 2022

### Week 1 - Post #2

Release Date & Time: Thursday 6/16/22 at 9 AM

Theme: Smiling facts, being yourself, social media can be deceiving

Layout Preview:





# Smile Social

## Instagram Post Log

Katie Mone

June 2022

### Week 2 - Post #1

Release Date & Time: Monday 6/20/22 at 9 AM

Theme: 5 ways to make social media a positive force

Content: Using current sources from my bibliography along with new information I found, I compiled five ways that social media users can turn their platforms into positive forces rather than negative, toxic environments, based primarily on information from [Whole Life Challenge](#).

Layout Preview:





# Smile Social

## Instagram Post Log

Katie Mone

June 2022

### Week 2 - Post #2

Release Date & Time: Thursday 6/23/22 at 9 AM

Theme: How social media can be used positively and negatively

Content: Information from the [Socially Powered Blog](#) helped me compile this post on how social media can be both good and bad, and how it all depends on how we use it.

Layout Preview: (the image was too large to fit on the page)

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Happy Thursday, y'all! We hope that you have taken some time to reflect this week, whether it be about your digital habits or just life in general. We've learned that social media can be utilized negatively and positively, depending on how users approach it.

Blog writer Erin Cell discusses how to use social media for your own personal benefit as well as the benefit of those around you. She highlights the importance of not needing to be "friends" with any and every person you have interacted with. Connections should be meaningful, both on and off the screen.

It is also crucial to have self-control and set an example online. If you have a significant following and social presence, it's likely that a large audience will be watching. On the other hand, if you are a smaller creator following larger ones, be sure to keep yourself in check to avoid unrealistic comparisons between yourself and others.

Social media is a double-edged sword. Truly a blessing AND a curse! So take care when you open social media, for both yourself and others.

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#SmileSocial #BlessingAndCurse #MakingSocialMediaHappier #HowISmileSocial  
#SocialMediaPositivity #HaveYouSmiledToday